RESOURCES & REFERRALS

YAKIMA COUNTY
Community resources for pregnant and postpartum families in Washington State

FREE PARENT SUPPORT LINE: Call or text 1-888-404-7763 (PPMD). Perinatal Support Washington's Warm Line offers warm, understanding and private support through our parent volunteers and trained staff. Answered Live 9 am-4:30 pm, Mon-Fri. All other times please leave a message and we will return your call within 12 hours.


FREE WELLNESS PLAN TEMPLATE to keep track of your recovery plan: https://perinatalsupport.org/for-parents/#resources

**THERAPY & MENTAL HEALTH SERVICES**

Many women experiencing postpartum adjustment problems have been helped by the support and advice of a therapist.

**Therapy Providers:**
Martha Burns, MA, LMFT
6 A 2nd St #203, Yakima, WA 98901. 509-761-3723. Accepted Insurance Plans - Aetna, Anthem, Blue Cross, Blue Shield, Cigna, First Choice, MHN, Magellan, Medicaid, Molina, Optum, Pacific Blue Cross, Premera, Regence, Reliant, TriWest, United Healthcare.

Dorothy Hanson, MA, LMHC
Virginia Mason Memorial Hospital 509-575-8160. Counseling services are provided at no cost.

Renee Slaven, LICSW
609A S 48th Ave, Yakima, WA 98908. 509-823-4130. Accepted Insurance Plans - Blue Cross, Blue Shield, BridgeSpan Health Company, Cascade EAP, Cigna, Cigna EAP, First Choice Health, First Choice EAP, Healthcare Management Administrators, LifeWise, Optum, Premera

Jennifer Sudbury, MS, LMHC, NCC
402 S 4th Ave Yakima, WA 98902. Phone 509-575-4084. Accepted Insurance Plans - First Choice, Regence.

**Therapy and Medication Providers:**
Catholic Charities
5301 Tieton Dr, Yakima, WA 98908. 509-965-7100

Central Washington Comprehensive Mental Health
201 S 2nd Ave, Yakima, WA 98902. 509-575-4084

Central Washington Comprehensive Mental Health
1319 Saul Rd. Sunnyside, WA 98944 509-412-1051

Central Washington Family Medicine
1806 . Lincoln Ave, Yakima, WA 98902. 509-452-4520

Kolynn Sinclair, ARNP
1450 N 16th, Yakima, WA 98908. 509-249-0105

Yakima Valley Farm Workers Behavioral Health Services
918 E Mead Ave, Yakima, WA 98903. 509-453-1344.

Yakama Nation Behavioral Health
16 W 1st Ave, Toppenish, WA. 509-856-5121.

**CONTACTING A NEW PROVIDER**

Creating your own care plan can be difficult. Enlist a friend or family member to help you, and feel free to call Perinatal Support Washington's Warmline for help creating an individualized care plan.

Locating a new provider can also be challenging. It is important to feel comfortable with a provider, but stick to discussing logistics at first. Once you know they take your insurance and have appointments available, then you can share more about your story and see if they are a good fit for you.

What to have on hand when you call a new provider:
- Insurance or health care card
- List of current medications

Questions to ask:
- Do you have experience with postpartum mood and anxiety disorders?
- Do you take my insurance?
- What is your experience working with families of color?
- Can I bring my baby?
- Can I bring someone else (partner, parent, friend, doula) to the session with me?
- When is your soonest appointment?
- Do you do phone appointments or Telehealth? (Note that insurance often won't cover this.)
- If you are a student, contact your school's counseling office.

**ONLINE SUPPORT**

Postpartum Support International.
Closed Facebook Group- facebook.com/groups/259604789598
Online Support Groups www.postpartum.net

PPMD Support Group chatroom.
www.tapatalk.com/groups/postpartumdepression

Solace for Mothers.
Online support community for traumatic birth.
http://www.solaceformothers.org/online-forum/online-community-for-mothers/
### HOME VISITING SERVICES

**Maternal Child Health Services**  Home visiting or office visits available for pregnant women and women up to 18 years old. Health and education services, breastfeeding support, and behavioral health services available to support families and children. Maternal Health Services, Yakima Valley Memorial Hospital. 509-575-8106

**Infant Case Management** - Home visiting program for parents with children 3 months to 1 year of age. May start program anytime up to 1 year of age. Provides advocacy, linkages, information, and referrals. Must have Medicaid insurance.

**Maternal Support Services (MSS).** Preventive health and education services to help a woman have a healthy pregnancy and healthy baby. Women can receive MSS any time during pregnancy up to 2 months postpartum. Must have Medicaid insurance. MSS is offered in addition to medical and prenatal care.

The following organizations offer these services:

**Yakima Neighborhood Health Services**
12 South 8th Street, Yakima 509-454-4115
617 Scoon Rd, Sunnyside 509-837-8200

**Yakima Valley Farm Workers Clinic**
240 Division St, Grandview 509-882-4700
510 W First St, Toppenish 509-865-6901 ext 2151
1112 E Nob Hill Blvd, Suite 109, Yakima 509-575-3375
602 E Nob Hill Blvd, Yakima 509-457-6540
2205 West Lincoln Ave, Yakima 509-457-6540

**Nurse Family Partnership.** Provides a specially trained nurse to help first-time mothers during pregnancy and through the baby's second birthday. Referrals can be made by primary care providers, community agencies, and individuals by contacting Children’s Village at 509-574-3200.

**Parent/Child Assistance Program (PCAP).** Intensive case management model serving the highest risk women who are pregnant or parenting who have alcohol and or drug use disorders. 801 Summitview Ave, Yakima, WA. 509-203-1006 x101 dmoss@triumphtx.org

**Breastfeeding Support** - Virginia Mason Memorial Hospital Maternal Health Services, 2903 W Walnut Ave, Yakima WA 98902. Drop-ins Wednesdays Noon-100PM, 509–575-8160.

**Le Leche League of Yakima.** Helping mothers to breastfeed through mother-to-mother support. 3405 W Nob Hill Blvd Ste B, Yakima, WA 98902
www.Facebook.com/LLLYakima 509-961-1575

**Magnolia Moms** - Support Group to empower women who are experiencing perinatal depression and anxiety. 2nd & 4th Wednesdays each month - 1:30-3:00PM Wellness House, 210 S. 11th Ave, #40 Yakima, WA for more information call 509-575-6686
Spanish Speaking: 3rd Wednesdays each month - 11:30-1:00 303 East D St, Ste 5 Yakima. For information call 509-901-9132

**Moms of Preschoolers, MOPS** Find support and connect with other mothers. Every 1st and 3rd Friday from 9:00-11:30 during the school year. Grace of Christ Presbyterian Church, 9 S 8th Ave, Yakima, WA 98902

**Nami/Family to Family Support Class.** This class is for family member whose loved on has a mental health condition. Provides information about diagnoses, treatment, recovery, crisis prevention, communication skills, and advocacy. It is free. Call 509-463-8229 or email info@NAMIYakima for more information.

**Birthright of Yakima.** Birthright is available to women facing the challenges related to unplanned pregnancies. Services include information about: pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, and child care. 315 S 11th Ave Ste A, Yakima, WA 98902, 509-590-1301

**Life Choices** offers a supportive environment to explore all options and plan for the future, providing medically accurate, evidence-based education concerning reproductive and sexual health issues. Services are free and confidential and available to anyone. Located at: Pregnancy Medical Center, 305 S 11th Ave, Suite 1, Yakima, WA 98901 509-248-2273

**Planned Parenthood Yakima** - providing reproductive health care, sex education, and information, 1117 Tieton Dr, Yakima, WA 98902 509-207-3077

**Sunrise Midwifery.** midwife@sunrisemidwifery.net 509-780-3330

**Little Blessing Birth Services**. 3405 W Nob Hill Blvd, Yakima, WA  Midwifery Services. 509-902-8020

**Cuddles and Cream Lactation Support.** www.cuddlesandcream.com or 509-480-0544

### SUPPORT SERVICES FOR MOTHER & BABIES/CHILDREN

**Childbirth Education Classes.** Offering Childbirth classes, Baby Basics, Boot Camp for New Dads, Prenatal Yoga, and Infant CPR Classes. Yakima Valley Memorial Hospital, Memorial Education Center, 2505 W Nob Hill Blvd, Yakima Call 509-575-8160 or go to Yakimamemorial.org to register. Scholarships available.

**Breastfeeding Support** - Virginia Mason Memorial Hospital Maternal Health Services, 2903 W Walnut Ave, Yakima WA 98902. Drop-ins Wednesdays Noon-100PM, 509–575-8160.

**Birthright of Yakima.** Helping mothers to breastfeed through mother-to-mother support. 3405 W Nob Hill Blvd Ste B, Yakima, WA 98902
www.Facebook.com/LLLYakima 509-961-1575

**Magnolia Moms** - Support Group to empower women who are experiencing perinatal depression and anxiety. 2nd & 4th Wednesdays each month - 1:30-3:00PM Wellness House, 210 S. 11th Ave, #40 Yakima, WA for more information call 509-575-6686
Spanish Speaking: 3rd Wednesdays each month - 11:30-1:00 303 East D St, Ste 5 Yakima. For information call 509-901-9132

**Moms of Preschoolers, MOPS** Find support and connect with other mothers. Every 1st and 3rd Friday from 9:00-11:30 during the school year. Grace of Christ Presbyterian Church, 9 S 8th Ave, Yakima, WA 98902

**Nami/Family to Family Support Class.** This class is for family member whose loved on has a mental health condition. Provides information about diagnoses, treatment, recovery, crisis prevention, communication skills, and advocacy. It is free. Call 509-463-8229 or email info@NAMIYakima for more information.

**Birthright of Yakima.** Birthright is available to women facing the challenges related to unplanned pregnancies. Services include information about: pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, and child care. 315 S 11th Ave Ste A, Yakima, WA 98902, 509-590-1301

**Life Choices** offers a supportive environment to explore all options and plan for the future, providing medically accurate, evidence-based education concerning reproductive and sexual health issues. Services are free and confidential and available to anyone. Located at: Pregnancy Medical Center, 305 S 11th Ave, Suite 1, Yakima, WA 98901 509-248-2273

**Planned Parenthood Yakima** - providing reproductive health care, sex education, and information, 1117 Tieton Dr, Yakima, WA 98902 509-207-3077

**Sunrise Midwifery.** midwife@sunrisemidwifery.net 509-780-3330

**Little Blessing Birth Services**. 3405 W Nob Hill Blvd, Yakima, WA  Midwifery Services. 509-902-8020

**Cuddles and Cream Lactation Support.** www.cuddlesandcream.com or 509-480-0544
Online resources can be helpful when leaving the house is hard. These are our trusted resources:


**Postpartum Support International.** www.postpartum.net. Information and resources for families and professionals.

**Postpartum Dads.** www.postpartumdads.org. Help for dads and families by providing first-hand information and guidance through postpartum depression.

**Perinatal Mental Health Alliance for Women of Color.** http://www.pmhawoc.org.

**Every Mother Counts.** www.everymothercounts.org/pages/about. Educates the public about maternal health, engages individuals to advocate for the well-being of mothers, and invest in community led programs to improve access to essential maternal care.


**A'Driane Nieves.** www.addyeb.com/butterflyconfessions. A writer, artist, activist, and speaker with a heart for serving others and social good. A mental health advocate living with bipolar disorder, and a survivor of postpartum depression and anxiety.

**ICAN International Cesarean Awareness Network.** www.ican-online.org

**Online Breastfeeding Support**
www.babygooroo.com
www.kellymom.com
www.bfmed.org
www.breastfeedingmadedsimple.com
www.healthychildren.org
www.naturalbreastfeeding.com

**Language Resources**

Perinatal Mood & Anxiety Disorders Resources in Other Languages.
http://www.postpartum.net/resources/resources-in-other-languages/.

**Pacific Postpartum Society** provides the option to translate its website into the following languages: Simplified Chinese, Traditional Chinese, Farsi, Punjabi, and Spanish. http://postpartum.org/.


**Crisis Services**

If you experience any of these symptoms, call 911, go to the emergency room, or use one of the resources below:

- Being afraid to be by yourself
- Hearing sounds or voices that no one else does
- Having thoughts of harming yourself
- Having thoughts of harming your baby

**Yakima County Crisis Line (24/7):**
(509)575-4200.

**Crisis Triage Center Yakima:**
509-453-8229

**National Suicide Prevention Lifeline (24/7):**
1-800-273-8255
Get connected with a skilled, trained crisis counselor at a crisis center in your area.

**National Sexual Assault Hotline (24/7):**
1-800-656 HOPE.

**Washington State Domestic Violence Hotline:**
(8AM - 5PM): 1-800-562-6025